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Supportive School Environment

Creating Sustainable Links to Community

Activation days are an excellent way to expose young people to an array of sports and recreational pursuits supported by sporting bodies and organisations in your local area.



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Learning Intention:

- Discover how to design a day of movement, using game-based activities, a combination of equipment, social, and non-competitive tasters that offer students an immediate link to community sport.
- Understand the benefits, beyond the physical, of connecting students to community sport and recreation.
- Engage with students as they discover their interests, (or otherwise) in badminton and recreational fishing.



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Welcome

Leisure Networks & Nelson Park School

May 2023



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Leisure Networks & Nelson Park School

Leisure Networks is a community-based organisation offering a wide range of NDIS services and sport & community-based programs . We work with both people and places to enable individuals to live connected lives and to influence, promote and enable health-promoting environments and systems.

Leisure Networks provides regular information about opportunities for Nelson Park students and facilitates regular sports clinics with great flexibility with choice of traditional and non-traditional sports.

Pathway and connection for students once they have completed school Learning, exposure and support for young people to connection to their community.



Opportunities in sport



Many sporting bodies are actively seeking connection with schools as part of their own goals and development.

Do you seek active engagement?

- Reginal Sports Assembly
- Sport Relationship
- School Relationship
- Local Government Relationship
- Volunteerism

INCLUSION

Nelson Park School



P-12 Special School. Approx. 300 students. All students diagnosed with a mild I.D.

P-9 Campus (Bell Park), 10-12 Campus (Corio)

Vic Curriculum P-10, Victorian Pathways Certificate, work experience and traineeships in year 11 and 12.

Turn and talk – What does the Special Needs cohort look like at your school? How are they supported by your school to encourage an active lifestyle?

Activation day – nuts & bolts



- Great flexibility with choice of traditional and non-traditional sports
- Activities are well staffed and knowledgeable, with school staff providing support
- Tailored to needs of school so that all students are able to participate, ensuring inclusion
- Cost effective, the only cost is venue hire
- Presentation with awards linked to Nelson Park School values

ActivationDay – Running Sheet

McHarry's Bus to leave NPS Main Campus at 9:30 for 9:45 arrival at venue.

6 Groups of 12-14 students, each group supported by 2-3 Nelson Park staff members.

30 or 35 minute rotations.

Depart Leisuretime Centre at 2:15 – all students back to Main Campus



	10:00 – 10:35	10:35 – 11:10	11:10 – 11:25	11:25 – 12:00	12:00 – 12:30	12:30 – 1:00	1:00 – 1:30	1:30 – 2:00	2:00 – 2:10
GOLF	GROUP 1	GROUP 6	SNACK BREAK	GROUP 5	GROUP 4	LUNCH BREAK	GROUP 3	GROUP 2	Thank you and student awards
TENNIS	GROUP 2	GROUP 1	SNACK BREAK	GROUP 6	GROUP 5	LUNCH BREAK	GROUP 4	GROUP 3	
BASKETBALL	GROUP 3	GROUP 5	SKACH BREAK	GROUP1	GROUP 6	LUNCH BREAK	GROUP 5	GROUP 4	
SOCCER	GROUP 4	GROUP 3	SNACK BREAK	GROUP 2	GROUP 1	LUNCH BREAK	GROUP 6	GROUP 5	
CRICKET	GROUP 5	GROUP 4	SNACK BREAK	GROUP 3	GROUP 2	LUNCH BREAK	GROUP 1	GROUP 6	
NETBALL	GROUP 6	GROUP 2	SNACK BREAK	GROUP 4	GROUP 3	LUNCH BREAK	GROUP 2	GROUP 1	



Activation day - Benefits and opportunities

Used by NPS as part of the transition process from Junior to Senior campus - a bonding opportunity for students and staff.

Exposure to healthy, fun activity, often with a team focus and many possibilities:

- Different age groups across school
- Promoting student voice / agency / student leadership / SRC
- Connection with other schools – breaking down barriers

Sporting bodies will provide information on how students can participate in community sports.

Walk and Talk



- What are you doing at your school, could this model work for you?
- Consider student voice / inclusion / student leadership / breaking down barriers / connecting with other schools
- What cohorts of students may this suit?
- Are there PSD students at your school?

Opportunities beyond school



Pathways and Interdependence Program offers learning, exposure and helping students overcome challenges. Providing connection to their community through:

- Industry and workplace visits
- Volunteering experiences
- Health and Wellbeing services
- Community services
- The environment / environmental issues
- Local sporting clubs and organisations
- Continual exposure to multiple opportunities

Let's hear from Chloe & Rylan



Success Stories from Nelson Park





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Action from the day





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Activations

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We're hooked on
SAFETY





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Victorian Fisheries Authority



'The fishing game'

This game aims to assist participants to learn some responsible fishing behaviours (preferably before fishing for the first time) such as:

- Where to find the Victorian Recreational Fishing rules
- Where to find pictures to identify a fish -The Victorian Recreational Fishing Guide, App or fish ruler
- How to correctly measure a fish
- What you must do with fish or other things you might catch that you are not allowed to keep or do not want to keep

Materials needed

- Marine and/or freshwater fishing games (Freshwater game too complex for PS students)
- For each game you will also need:
 - Current Recreational Fishing Guides, or access to smart phones to download apps
 - Current Fish measuring rulers relevant to each game (Marine or Freshwater)
 - 'When I catch a fish I...' sheets
 - 'Fisheries rules defined' sheets

Optional

1. Source an **old sheet** or piece of material from an op shop to represent the "water"

Educator background information

- Ideal number of fishers per game 2 -12 maximum
- Fishers can play the games
 - as individuals
 - in pairs
 - as a team
- At the end of the fishing activity the team with the
 - most legal sized fish
 - biggest legal sized fish
 - first team to catch all the legal sized fish

can be crowned responsible fishers

To accommodate larger numbers of fishers and to generate discussion about differing rules in different places, play the Marine and Freshwater game at the same time.

Setting up the activity

- Find a space large enough for the game and the four **measuring stations**.
 - Put **"the water"** on the ground/floor, place the fish face up (patterned side) on **"the water"** or group the fish in an area on the ground/floor
 - Set up 4 **measuring stations** in spaces not too close to the game/s
- At each measuring station put
- 1 x Recreational Fishing Guide,
 - 1 x Fish measuring ruler
 - 1 x **'When I catch a fish I'** sheet
 - 1x Fisheries rules defined sheet

Optional

- **Angler Diary recording sheets** /pencils (1 per individual / pair/ team) for recording the catch (Angler Diary master copy at the end of these instructions)

Playing the game

- Arrange the fishers in a circle around the fishing spot.

Demonstrate

- how to correctly measure a fish using a fish ruler and a fish from the game. Measure exactly from the tip of the snout to the tip of the tail.
- removing the fish from the 'hook' by gently **sliding the washer sideways from the magnet on the fish** (if you don't follow this instruction the magnets will tear away from the fish)
- how to identify a fish using the Fishing Guide
- **Explain**, Each fisher
 - Takes a turn catching a fish using the fishing rod
 - Carefully remove the fish from the hook
 - Pass the fishing rod to the next fisher who follows all the steps
 - Take the fish the **measuring station**, turn it over to reveal the species
 - **Follows the 7 steps on the 'When I catch a fish I ...'** to determine what to do with their catch
 - Returns to the circle either keeping their catch or returning it to the water and waiting for another turn.
 - The game continues until everyone, has had a turn, a time period has expired, there are no fish left to catch

OPTIONAL- Teams or individuals can fill in an **Angler Diary recording sheet**

Educator instruction

While the game is played, move around the measuring stations to supervise and advise.

At the completion of the game, bring everyone together to discuss:

- What fish were caught and kept (species, size)
- What fish were returned to the water, why they were returned to the water
- Were all the rules the same for each species of fish
- What type of rules did they encounter (bag, possession, legal size, closed season, protected species, legal equipment)
- What do each of the rules mean (e.g. bag limits if the number of fish a person may take on any one calendar day while -) refer to the **'Fisheries rules defined'** sheet
- Consequences for not following the rules from the perspective of the fish, (Less fish in the future, impacts on food chains)
- Consequences for people who do not follow the rules (Official warning, fines, banned from fishing, gaol, confiscation of boat, fishing gear)
- What can we do to ensure we all can continue to fish in the future? - (We can fish responsibly following the rules and we can all be eyes in the community, call 13 FISH- a 24 hour hotline to report suspected illegal fishing activity)

Pre or post Extension activities

Species profiles. Complete profiles for each species in the game before playing the game

Participants share their findings to the group.

- I am a
- I eat.....
- I am eaten by.....
- List an interesting fact about this species

Marine Fishing Game contains the following species

Snapper, spiny globe fish, blue throat wrasse, sand crab, Blue groper, King George whiting, sand flathead, bream

Freshwater Fishing Games contains the following species

Murray cod, golden perch, rainbow trout, rakali, brown trout, carp, yabby, trout cod, Macquarie perch

When I Catch a fish....

1. I use the ReCREational Fishing guide to identify it.

[illegible]

2. I confirm if I am allowed to keep it.
If not, I put it back quickly.

3. I decide if I want it.

If not, I put it back quickly.



4. I make sure it is a legal size.
I handle it carefully and measure it!

5. If it is too big or too small,
I put it back quickly.



6. If I already have my bag limit I put it back quickly.

7. If I am going to keep it I kill it quickly and put it in ice.



Fisheries Rule Definitions

Certain words and terms have special meaning when used in fisheries rules. It is important for all fishers to understand what these terms mean. The common words are found below

Bag limit

- is the maximum number of a particular type of fish that a person can take on one day, while in, on or next to Victorian Waters.

Possession limit

- is the maximum number of a particular type of fish that a person can possess at any one time while in, on or next to Victorian waters.

Absolute state-wide possession limits

- is the maximum number of a particular type of fish that a person can have at any one time anywhere in Victoria (including in your home).

Size limits

- tell you what size of fish you can catch and keep legally. Size limits apply for most but not all fish. Where there is no size limit you can legally catch and keep a fish of any size.

Minimum legal size

- tells you the size (length) of the smallest fish you can catch and keep legally. Fish shorter than this size must be immediately returned to water alive and without harm.

Maximum legal size

- tells you the size (length) of the largest fish you can catch and keep legally. Fish longer than this size must be immediately returned to water alive and without harm.

Landed whole or in carcass form

- The fish species must be kept whole until you arrive on land. This ensures that bag and size limits are obeyed.

Open Season

- is a period of time during which you CAN:
 - fish in a particular location
 - attempt to take, take or possess a particular species
 - use particular equipment.

Closed Season

- is a period of time during which you CANNOT:
 - fish in a particular location
 - attempt to take, take or possess a particular species
 - use particular equipment

You need to check before you go fishing if a closed season is in place.

Fish caught accidentally during the closed season must be released immediately to the water alive without harm.

Fish

Fish is a general term that refers to a range of animals that live in water. In this guide fish can mean and is not limited to:

- scale fish (such as black bream, snapper, bait fish etc.)
- sharks, skates and rays etc.
- crustaceans (such as shrimps, prawns, crabs, lobsters, yabbies, crayfish etc.)
- molluscs (such as abalone, oysters, pipis, octopus, squid cuttlefish etc.)
- other invertebrates (such as sand worms and sea urchins).

Recreational fishing

Recreational fishing is fishing for fun, food or sport. It includes:

- line fishing
- bait collection
- gathering shellfish
- fishing for yabbies
- prawning
- spearfishing.

Recreational fishing also means having (possessing) or using fishing equipment in, on or next to Victorian waters.

Noxious species

- is a plant or animal the Victorian Government identified as being capable of causing harm to public health, agriculture, recreation, wildlife or property.

In Victoria many plants and animals are declared noxious.

Common noxious species living in Victorian waters, which fishers may come across include:

- fish (common carp)
- plants (water hyacinth and salvinia)
- animals (red eared turtles).

Protected species

A protected species is an animal you are not allowed by law to try to catch, harm or kill.



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Badminton

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Badminton Geelong Incorporated

Listen

Badminton Geelong Incorporated aims to provide an opportunity for everyone to participate in badminton, regardless of their gender, sexuality, age, level of ability or racial and cultural background, and enhance their health and wellbeing.

Listing details

Street address:	Wadawurrung Country, 262-282 Anakie Road, Norlane 3214 VIC Australia
Postal address:	Wadawurrung Country, PO Box 894, Geelong 3220 VIC Australia
Organisation type:	Community group or not-for-profit – incorporated
Meeting venue:	Wadawurrung Country, Leisuretime Centre, 268 Anakie Road, Norlane 3214
Affiliations:	Badminton Victoria Incorporated
Service area:	City of Greater Geelong
Website:	www.revolutionise.com.au/bginc
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